

Unit 1 Exam: exam is worth 100 points**Multiple Choice**

Identify the choice that best completes the statement or answers the question. Each correct response is worth 2 points.

- B 1. Which philosopher is most well known for theorizing that the mind at birth is *tabula rasa* or a “blank slate”?
- Plato
 - John Locke
 - Immanuel Kant
 - René Descartes
 - Aristotle
- C 2. The first psychological laboratory was established by
- William James.
 - John Watson.
 - Wilhelm Wundt.
 - Sigmund Freud.
 - Jean Piaget.
- D 3. Which of the following innovations differentiated Wilhelm Wundt's research the most from any psychologist before him?
- empiricism
 - structuralism
 - tabula rasa
 - laboratory research
 - separation of mind and body
- C 4. Wilhelm Wundt's early experiments were attempts to investigate which area of psychology?
- the causes of mental illnesses
 - social conformity
 - the simplest mental processes
 - childhood development
 - causes of aggression
- D 5. In Wilhelm Wundt's experiments, participants were asked to press a key as soon as they were consciously aware of perceiving a sound. By asking participants to examine and report their conscious experiences, Wundt was making use of which of the following?
- structuralism
 - empiricism
 - tabula rasa
 - introspection
 - functionalism

- B 6. The self-reflective observation of one's own sensations and feelings is called
- clinical psychology.
 - introspection.
 - spaced practice.
 - humanism.
 - Gestalt psychology.
- C 7. Research participants were asked to monitor and report their own immediate sensory reactions to differently colored objects. This research involved a technique known as
- empiricism.
 - structuralism.
 - introspection.
 - functionalism.
 - psychometrics.
- E 8. The method of introspection was used by Titchener to identify
- inherited traits.
 - learned responses.
 - maladaptive behaviors.
 - unconscious motives.
 - elements of sensory experience.
- C 9. Contemporary psychologists are most likely to reject which of the following as appropriate for the study of psychology?
- empiricism
 - observation
 - introspection
 - experimentation
 - mental activity
- D 10. Who was the American philosopher who authored a textbook in 1890 for the emerging discipline of psychology?
- Wilhelm Wundt
 - John B. Watson
 - Sigmund Freud
 - William James
 - Mary Calkins
- B 11. The personality theorist, Sigmund Freud, was an Austrian
- chemist.
 - physician.
 - theologian.
 - politician.
 - philanthropist.

- A 12. Who would have been most likely to ignore mental processes and to define psychology as “the scientific study of observable behavior”?
- a. John B. Watson
 - b. Edward Titchener
 - c. Wilhelm Wundt
 - d. Jean Piaget
 - e. William James
- D 13. Humanistic psychologists focused on the importance of
- a. childhood memories.
 - b. genetic predispositions.
 - c. unconscious thoughts.
 - d. healthy growth potential.
 - e. punishment and reinforcement.
- A 14. In the early 1960s, the cognitive revolution in psychology involved a renewal of interest in the scientific study of
- a. mental processes.
 - b. hereditary influences.
 - c. unconscious motives.
 - d. learned behaviors.
 - e. evolutionary influences.
- D 15. Which area of psychology might be best suited to investigate the following research question: what happens in our brain when we forget details about stressful life events, and how does this process affect behavior?
- a. structuralism
 - b. behaviorism
 - c. humanistic psychology
 - d. cognitive neuroscience
 - e. functionalist experimental psychology
- E 16. In the context of debates regarding the origins of knowledge, Aristotle is to _____ as Plato is to _____.
- a. soul; body
 - b. structuralism; functionalism
 - c. stability; change
 - d. introspection; observation
 - e. nurture; nature
- D 17. Who highlighted the reproductive advantages of environmentally adaptive traits?
- a. Plato
 - b. Aristotle
 - c. John Locke
 - d. Charles Darwin
 - e. William James

- A 18. Charles Darwin believed that behaviors, such as the emotional expressions associated with human rage, could be explained by natural selection. Which early psychologist would be most likely to agree with Darwin's assessment?
- a. William James
 - b. Edward B. Titchener
 - c. Wilhelm Wundt
 - d. John B. Watson
 - e. Ivan Pavlov
- A 19. Professor Brody attempts to measure the relative contributions of inborn traits and social influences on homosexual behavior. Her research efforts best illustrate the interests of the _____ approach.
- a. biopsychosocial
 - b. psychodynamic
 - c. behavioral
 - d. cognitive
 - e. social-cultural
- E 20. Which approach is most directly concerned with assessing the relative contributions of heredity and experience to personality development?
- a. cognitive
 - b. behavioral
 - c. psychodynamic
 - d. biological
 - e. biopsychosocial
- D 21. Which perspective is most relevant to understanding the impact of strokes and brain diseases on memory?
- a. evolutionary
 - b. behavioral
 - c. psychodynamic
 - d. biological
 - e. humanistic
- A 22. Mr. Lopez believes that severe depression results primarily from an imbalanced diet and abnormal brain chemistry. Mr. Lopez favors a _____ perspective on depression.
- a. biological
 - b. psychodynamic
 - c. behavioral
 - d. cognitive
 - e. psychoanalytic

- D 23. The cognitive perspective in psychology focuses on how
- a. feelings are influenced by blood chemistry.
 - b. people try to understand their own unconscious motives.
 - c. behavior is influenced by environmental conditions.
 - d. people encode, process, store, and retrieve information.
 - e. how behaviors and thinking vary across cultures.
- C 24. The distinctive feature of the psychodynamic perspective is its emphasis on
- a. natural selection.
 - b. brain chemistry.
 - c. unconscious conflicts.
 - d. learned behaviors.
 - e. introspection.
- C 25. Mark believes that people are genetically predisposed to dislike bitter-tasting foods because this has enhanced human survival. His belief best illustrates the _____ perspective.
- a. psychodynamic
 - b. social-cultural
 - c. evolutionary
 - d. behavioral
 - e. cognitive
- D 26. Akira believes that her son has become a good student because she always praises his learning efforts. Her belief best illustrates a _____ perspective.
- a. biopsychosocial
 - b. biological
 - c. psychodynamic
 - d. behavioral
 - e. structural
- C 27. Mrs. Alfieri believes that her husband's angry outbursts against her result from his unconscious hatred of his own mother. Mrs. Alfieri is looking at her husband's behavior from a(n) _____ perspective.
- a. evolutionary
 - b. behavioral
 - c. psychodynamic
 - d. biological
 - e. social-cultural

- C 28. In a class lecture, Professor Hampton emphasized the extent to which abnormal blood chemistry can contribute to psychological disorders. The professor's lecture highlighted a _____ perspective on psychological disorders.
- psychodynamic
 - humanistic
 - biological
 - social-cultural
 - cognitive
- B 29. The behavioral perspective is most likely to emphasize the importance of
- cognition.
 - observable responses.
 - introspection.
 - natural selection.
 - self-esteem.
- E 30. Dr. Kozak has concluded that the unusually low incidence of alcohol dependence among citizens of a small African country can be attributed to strong fundamentalist religious influences in that region. This belief best illustrates a(n) _____ perspective.
- humanistic
 - evolutionary
 - psychodynamic
 - biological
 - social-cultural
- B 31. Which perspective is most concerned with the unique ways in which individuals interpret their own life experiences?
- behavioral
 - cognitive
 - biological
 - evolutionary
 - psychodynamic
- D 32. Which perspective would focus on the extent to which different styles of parenting are encouraged among various ethnic communities?
- evolutionary
 - cognitive
 - psychodynamic
 - social-cultural
 - biological

- C 33. Dr. Wilson attributes the delinquent behaviors of many teens to the pressures associated with being members of street gangs. Her account best illustrates a(n) _____ perspective.
- psychodynamic
 - behavioral
 - social-cultural
 - biological
 - evolutionary
- C 34. Which perspective would suggest that the facial expressions associated with the emotions of lust and rage are inherited?
- cognitive
 - behavioral
 - evolutionary
 - social-cultural
 - psychodynamic
- C 35. Dr. Santaniello conducts basic research on how children's moral thinking changes as they grow older. It is most likely that Dr. Santaniello is a(n) _____ psychologist.
- social
 - clinical
 - developmental
 - industrial-organizational
 - biological
- B 36. Dr. Tiao conducts basic research on the effects of head injuries on people's problem-solving and abstract-reasoning skills. Which psychological specialty does her research best represent?
- developmental psychology
 - biological psychology
 - industrial-organizational psychology
 - clinical psychology
 - personality psychology
- C 37. Dr. Winkle conducts basic research on the systematic changes in intelligence associated with aging. It is most likely that Dr. Winkle is a(n) _____ psychologist.
- biological
 - social
 - developmental
 - industrial-organizational
 - personality

- C 38. Dr. Veenstra conducts basic research on the impact of racial prejudice on behavior. Dr. Veenstra is most likely a(n) _____ psychologist.
- a. developmental
 - b. clinical
 - c. social
 - d. biological
 - e. industrial-organizational
- B 39. Dr. Ochoa develops tests to accurately identify the most qualified job applicants in a large manufacturing firm. Which psychological specialty does Dr. Ochoa's work best represent?
- a. developmental psychology
 - b. industrial-organizational psychology
 - c. biological psychology
 - d. clinical psychology
 - e. psychiatry
- D 40. Working in a community mental health center, Dr. Thatcher treats adults who suffer from severe depression. Dr. Thatcher is most likely a(n) _____ psychologist.
- a. personality
 - b. industrial-organizational
 - c. social
 - d. clinical
 - e. developmental
- B 41. For no apparent reason, Adam has recently begun to feel so tense and anxious that he frequently stays home from work. It would be most beneficial for Adam to contact a(n) _____ psychologist.
- a. industrial-organizational
 - b. clinical
 - c. personality
 - d. biological
 - e. social
- C 42. Clinical psychologists specialize in
- a. constructing surveys.
 - b. animal research.
 - c. providing therapy to troubled people.
 - d. providing drugs to treat behavioral disorders.
 - e. treating patients in clinical settings.
- D 43. The specialist most likely to have a medical degree is a(n)
- a. clinical psychologist.
 - b. industrial-organizational psychologist.
 - c. developmental psychologist.
 - d. psychiatrist.
 - e. biological psychologist.

- C 44. Mr. Kay is interested in whether individual differences affect learning. Mr. Kay is most likely a(n) _____ psychologist.
- human factors
 - developmental
 - educational
 - social
 - clinical
- D 45. Mr. Christian has designed a camera with buttons that are easy to reach and see. Mr. Christian is most likely
- a cognitive psychologist.
 - conducting basic research.
 - using psychometrics.
 - engaged in applied research.
 - engaged in introspection.

Short Answer (Answer any 2 questions, each question is worth 5 points)

- Briefly describe the limitations of Edward Titchener's method of "introspection" and explain why current psychological researchers would be unlikely to use introspection to gather data.
- William James developed his theory of functionalism around the same time Charles Darwin was developing the theory of evolution. How did Darwin's theory influence James' theory of functionalism?
- Explain how both nature and nurture likely contribute to your personality traits. Identify at least three of your personality traits, and discuss possible contributions of nature and nurture for each trait.
- Kathy does not want to become a psychologist because she has no interest in analyzing emotionally disturbed people. Use your knowledge of psychology's subfields and perspectives to expand Kathy's limited understanding of career opportunities for psychologists.

SHORT ANSWER

1. ANS:

Student responses should list some of the relevant limitations of introspection as an accurate data-gathering method, such as the possibility of errors in people's self-reports, people's inability to describe experiences completely, and variations among people.

PTS: 1 REF: Section- Psychology's History and Approaches

MSC: Conceptual | Application

2. ANS:

Students should indicate that the primary influence involves adaptation, the idea that organisms adapt to environmental conditions. Darwin described how successive generations of animals physically adapt through natural selection; James thought that our cognitive abilities developed as adaptations that contribute to our survival. Students need to describe this connection, but do not necessarily need to use the term *adaptation*.

PTS: 1 REF: Section- Psychology's History and Approaches

MSC: Conceptual | Application

3. ANS:

Student responses should list at least three personality traits. During the discussion of each trait, students should identify at least one possible nature (genetic/biological) influence on the trait and one nurture (environmental/conditioning [or learning: see earlier note about conditioning]/cognitive) influence on the trait.

PTS: 1 REF: Section- Psychology's History and Approaches

MSC: Conceptual | Application

4. ANS:

Student responses should indicate knowledge that counseling psychologists, clinical psychologists, and psychiatrists are only three of the many subfields of psychology. Students could indicate this knowledge through mentioning some specific subfields of psychology (for example, educational psychologist or social psychologist) or through a more general discussion of research psychology versus psychology as a “helping profession” (for example, counseling and clinical psychology).

PTS: 1 REF: Section- Psychology's History and Approaches

MSC: Application